

ABSTRACT

## Problems to be Solved by the Invention:

The present invention provides an oil-in-water  
5 emulsified food product containing plant sterol, which has  
the effect of reducing the level of cholesterol in the blood,  
and having a smooth texture and excellent emulsification  
stability.

## Means for Solving the Problems:

10 An oil-in-water emulsified food product containing a  
complex of plant sterol with egg yolk lipoprotein is  
provided. This oil-in-water emulsified food product can be  
obtained by a production method having a step wherein a  
liquid dispersion of a complex is prepared by adding a  
15 water-based medium as needed to egg yolk lipoprotein and  
plant sterol followed by stirring and mixing; a step wherein  
water-phase ingredient(s) are added as needed, stirred and  
mixed; and a step wherein oil-phase ingredient(s) are added  
and an emulsification treatment is performed.